

Tuning in to Teens

For parents and carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater

A parenting program for parents of children aged 12-18 years

Tuning in to Teens is a 6 session program for parents, with children aged 12 to 18 years.

The program provides parents with a greater understanding of their teen's emotional experiences. It also explores specific skills that help parents be supportive, empathic and stay connected with their teens. Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviour
- supporting teens to maintain friendships and deal with conflict



Where:	Maylands Public Library 28 Eight Ave, Maylands
When:	Wednesdays 5, 12, 19, 26 May, 2 & 9 June, 2021 <i>*Participants must be able to attend all sessions</i>
Time:	12.15PM – 2.15PM
Cost:	FREE – registration is essential

For more information and to register, please contact:

Name: Midvale Hub Parenting Service Perth North-East

Telephone: (08) 9290 6827

Email: parentingservice@mundaring.wa.gov.au



Supported by



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